



Diabetes Risks For The Family

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Another question that often comes up is, “What is the risk to my child? What is the risk to the rest of my family since I had gestational diabetes? You're telling me that I'm at higher risk to develop diabetes. What about my kids?” And it is true that the children of moms who had gestational diabetes tend to be at higher risk of developing diabetes in the future.

By modeling healthy behaviors:

- Avoiding eating out
- Preparing more of your meals at home
- Eating lots of vegetables
- Not buying sugary drinks like soda pop
- Not even drinking unsweetened or even non- sugary sweetened drinks that contain Aspartame

By avoiding all of those types of beverages and habits that we talked about on this website you're not only increasing your likelihood of having a longer period in your life without diabetes, you're also potentially helping your kids. Because in a way your home is like your womb and what you bring into it we'll be what the kids will eat. So if you have a lot of cookies and chips and cake around, it's going to be natural your children will eat these. But if you have fruit and vegetables, healthy snacks and healthy meals, they will learn to like these foods over time.

And interestingly out while we know that our kids might model our behavior and we know that our kids share our genes usually our husbands don't share our genes, yet our studies have shown that the partners of women with gestational diabetes are also at higher risk of developing diabetes in the future. So that just illustrates how important a good healthy environment is for all members of the family.